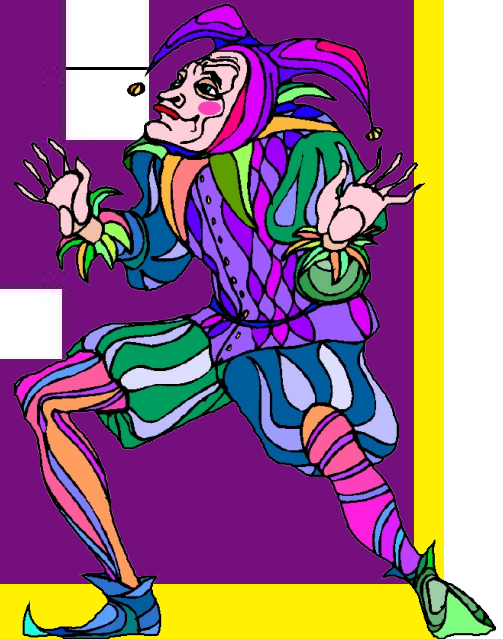


Express Your Health!



HEALTH PUZZLER



ACROSS

1. A great step to a healthier life is to eat ____ to nine servings of fruits and vegetables each day.

Hint: Variety, Balance, and Moderation - www.cdc.gov/nccdphp/dnpa/tips/index.htm

5. Dr. Julie ____ is the Director of the CDC

Hint: About CDC: The CDC Director - www.cdc.gov/about/director.htm

6. Always wear your ____ when riding your bike.

Hint: Play It Safe - www.bam.gov/sub_yoursafety/yoursafety_playitsafe.html

7. Exposure to the sun can cause serious damage to your skin, such as wrinkles and ____.

Hint: Questions and Answers - www.cdc.gov/chooseyourcover/qanda.htm

9. The truth is, no matter what amount, ____ can make you have less control over what happens to you and your body.

Hint: Straight Talk - www.girlshealth.gov/substance

DOWN

2. Two out of five deaths among U.S. teens are the result of a motor ____ crash.

Hint: Teen Drivers - www.cdc.gov/ncipc/factsheets/teenmvh.htm

3. ____ are a healthy snack to grab when you're on the run.

Hint: Power Packing - www.bam.gov/sub_foodnutrition/powerpacking.html

4. ____ work to fight off diseases caused by viruses or bacteria.

Hint: Preventing Disease - www.cdc.gov/nip/publications/fs/gen/howvpd.htm

7. Teens should get at least ____ minutes of physical activity most, preferably all, days of the week.

Hint: Physical Activity for Everyone: Are there Special Recommendations for Young People? - www.cdc.gov/nccdphp/dnpa/physical/recommendations/young.htm

Answers for the crossword puzzle are on the next page.

Express Your Health!

Health is the Word!

Find the hidden words related to CDC and health.



ALCOHOL
CDC
DISEASE
EDUCATION
FLEXIBLE
GEAR UP
INJURY
MEDICINE
OUTBREAK
PREVENTION
PROTECT
PUBLIC HEALTH
SCIENCE
SEAT BELT
SUNSCREEN
TOBACCO
VACCINE



Answers for the crossword puzzle:

ACROSS: 1. five 5. Gerberding 6. helmet 7. skin cancer 9. alcohol
DOWN: 2. vehicle 3. vegetables 4. vaccines 7. sixty